

# breathe.

SABBATH MONTH

June 4, 2023

STOP | Genesis 2:1-3

Matt Kinniburgh

## S U M M A R Y

This past weekend we began our series on sabbath by discussing the first theme of sabbath, that of stopping. We looked at some foundational verses of sabbath, and then discussed how important actually stopping is for our souls.

## R E A D

Genesis 2:1-3, Exodus 20:8-11, Deuteronomy 5:12-15.

*Pause. Take time to prayerfully consider what has been read,*

## D I S C U S S

- 1) What words come to mind when you hear the word sabbath?
- 2) Matt discussed hurry-sickness, which is "a continuous struggle and unremitting attempt to accomplish or achieve more and more things or participate in more and more events in less and less time." Do you relate to this?
- 3) What differences do you see between the two accounts of the 10 commandments?
- 4) Do you practice sabbath? What does it look like for you?
- 5) What keeps you from practicing sabbath?

## R E S P O N D

What is something you can do to try and stop this sabbath?

*Share how the Spirit is inviting you to respond today and the week to come – to **be with** Jesus, to **become like** Jesus, or to **do what** Jesus does.*

## P R A Y

Ask Jesus to be Lord over sabbath and teach you how to stop.

*Take time to wait and pray together. What is Jesus praying for? Come into agreement with His prayers.*

